



# Linwood Senior Center

*"Patriotism is always trying to give more to a Nation than what we receive. It is selfless service." ~Ezra Taft Benson~*

Dear Friends, I hope you take a moment to think about our country and the many things we can be "thankful" for. There are many wonderful things about America and it's people. One thing about America I can celebrate is that, America is one of the most giving countries in the World. We are people who help when others are in need and hurting. One of my favorite quotes is, "let us never forget to do what is right." And that is the truth! We must never forget those who have paved the way for our country and it's services, and we must do what is right to keep our country strong, so our freedom stays intact and people can continue to work together. This month brings some fun things; "Truth or No Consequences" Trivia, because National Tell the Truth Day is on July 7th! We are also having some wonderful history gatherings, as we look at history around Wichita. Barb Myers will be coming with a presentation about Highland Cemetery and Susan Newman will be here in suffragette costume to do a presentation about Margaret Hill McCarter, a prairie author. We are also bringing back our time together with "Coloring in the Cool". We also have a documentary for Movie Time. One is about "America's Treasures" and the other speaks about the "Trail of Tears" for the Indian Nation. So, make sure you find time to come and stay and PLAY!

Sincerely THANKFUL for our Country & People, ~Cherise & Company



## Ongoing Activities

### Monday

- 9:00 Stretching
- 9:30 Dynabands
- 10:00 Bible Study  
(First Monday)
- 11:00 Early AM Bookclub  
(Second Monday)
- 11:30 Friendship Lunch

### Tuesday

- 9am-3pm Michelle's Foot  
Care
- 9:00 Brain Games
- 9-11 Pickleball
- 9:30 Fit & Balance
- 10:30 BINGO
- 11:30 Friendship Lunch
- 1:00 Dime Bingo!
- 2:00 Writing Craft  
(First Tuesday)

### Wednesday

- 9:00 Arthritis Exercise

- 11:30 Friendship Lunch
- 1:00 Pinochle with Friends
- 1:00 Beginning Belly  
Dancing

### Thursday

- 9:00 Tai Chi Video
- 9-11 Pickleball
- 10 Self-Defense Class
- 10-12 Scrapbooking  
(Third Thursday)
- 11:30 Friendship Lunch
- 1:00 Pinochle with Friends
- 1:30 Beginning Line  
Dance
- 2:30 Advanced Line  
Dance

### Friday

- 9:00 Stronger Seniors
- 10:15 Presentations
- 10:30 (1st Friday) T&S  
Pressure Check

- 11:30 Friendship Lunch
- 12:00 13 PT Pitch for Fun
- 1:00- 3:00 Dominoes
- 3:00 SECA (First Friday)

**Daily/Anytime:** Walking

### Monthly

**10:00 Advisory Council the fourth Wednesday of the month**

**10:30 Birthday Party the third Wednesday of the month.**

**Holiday Closing:  
Linwood Senior Center  
will be closed on July  
4th and July 5th in  
observance of the  
Fourth of July holiday.**

Linwood Senior Center • 1901 S. Kansas, Wichita, KS 67211 • (316)263-3703  
Hours: 8:00 a.m. - 4:30 p.m. • Director: Cherise Langenberg • CheriseL@seniorservicesofwichita.org  
**Registration Required for ALL Center Activities • Membership: \$25 per year**



## Linwood Senior Center

### Movies On Mondays

We will be watching some documentaries that show the development of America, and the honest, yet painful history of people who were Native to the land. Please note these are series and we will not be able to finish the complete series in our monthly time frame.

**Monday, July 15 from 2:00 - 4pm**

“America’s Treasures” – Highlighting Monuments from Man - Made to Man Given

**Monday, July 29, from 2:00 - 4pm**

“Trail of Tears” – Chronicling America’s Indigenous people

### Coloring In The Cool

Just come by on Thursdays in July from 11am - 12:30pm and we can color together! It is a great stress reliever. We have all the supplies.

### Bible Study: Monday, July 1 at 10am

### Footcare By Michelle Steinke

The appointments are Tuesday and Thursdays at the Linwood Sr Center. She does nail trimming, corns, calluses and foot massages. Please call 946-0722 (please leave a message) to set an appointment. If you are a current member (thank you) the cost is \$25, if you are not a current member it will be \$30.

### Craft Time With Kay & Pat

Fire Cracker Pin Cushion, Wednesday, July 3, from 2-4pm. Suncatcher, Wednesday, July 17, from 2-4pm. Cost for each is \$5. RSVP by July 2, for pincushion and by July 12 for suncatcher.

### Grief Support Group: July 15, 2pm

Chaplain Greg Schmidt shares some great topics and he leads the group sponsored by Heart and Soul Hospice.\*Please call to confirm the date!

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## Linwood Senior Center Educational Opportunities

### July

All events are on Fridays at 10:15am unless otherwise \* noted. Please make sure your membership is current otherwise there is a \$2 fee. Please be faithful in payment.

**Call 263-3703 THANK YOU!**

### CAREGIVING & COFFEE MINI-SEMINAR

**\*Monday, July 8 from 2-4**

Come and find out some helpful information about being a caregiver: from home assistance, to forms, such as Durable Power of Attorney (DPOA), to asking the right questions to the Dr about your loved one. Jennifer Campbell, Marketing Specialist at Via Christi Hope can help! **\*RSVP for this seminar a must!**

**\*Wednesday, July 10, 2-3pm**

### KS LEGAL SERVICES - RESOURCES & HOW THEY HELP

Danielle Saunders, Attorney, will be here to help one-on-one after her program, but you **MUST** schedule a time to meet with her prior.

**\*Monday, July 15, 2019**

### EATING SMART MOVING MORE Class Topic: Shop - Get the Best for Less!

Shirley Lewis, K-State Research & Extension Center

**Friday, July 19, 2019 at 10:15 am**

### TRUTH or NO CONSEQUENCES, TRIVIA

**for the BRAIN** - Join us for some great trivia, we are doing this for National Tell the Truth Day!

**Friday, July 26, 2019 at 10:15am**

### "ENCOURAGEMENT - WE NEED IT"

Mark Pennington, Marketing Specialist, with Clearwater Nursing & Rehab

**\*Friday, July 26, at 3pm in the REC**

### CENTER GAMEROOM - MEDICARE 101

Shannon Cook, Insurance Specialist with Humana. Come and find out about Medicare & Changes with Humana Customers\*This program will be repeated on August 23, & Sept 27, at 3pm

### Save The Date: Wild & Wilder Safari - October 10th

Join us as we venture into the wild and have a FUN adventure. We will be heading on the bus to the Martin & Osa Johnson Safari Museum. As you may recall, we had a Final Friday presentation at Downtown Center a few years ago about this unique couple. The Martins travelled the world photographing numerous animals and tribal people in the early 20th Century. Their filming allowed explorers, naturalist and audiences around the world some unique vision and inspired many people to pursue dreams in the natural world. Then our hope is to get a little 'wilder' as we then head on to the Safari Zoological Park in Caney, KS which will afford us to get an up-close look at some exotic animals. Plan on having a 'wild' time! Cost is **ESTIMATED** at this time at \$95 for members and \$105 for non-members. All food/snacks included in price. Date is scheduled for October 10, 2019. Call DSC or Linwood for more information.

### Belly Dancing Class Is Not Meeting in July & August Due To Summer Break.

### Special Event - Fireside Chat

with Our District One City Councilman, Brandon Johnson & Our Neighborhood Police Officer, Dustin Fussell. Dustin will be sharing some stats about crime in our area, and Brandon will let us know about what is happening in our great City. Join us on Monday, July, 22 from 2-4pm

### Special Event - Walk With Linwood

In September we are having the Grandparents 5k/1mile walk. It is a fundraiser to support the senior centers. We want to have a "TEAM" of walkers to represent the LINWOOD SENIOR CENTER. If you are a member of the centers, you get a lower fee in registering. Remember this is a GREAT way to support your center. Those that register from LW will get a special gift from Cherise

**Drawing & Watercolor Classes: Please Call For Dates & Times**



## Linwood Senior Center

### Late Morning Bookclub: July 8

From 10am for the following presentation about Margaret Hill McCarter (see immediately below) Note: For August discussion, we will be reading: "Grandma Gatewood's Walk, The Inspiring Story of the Woman Who Saved the Appalachian trail." By Ben Montgomery.

### Special Presentaion

Margaret Hill McCarter lived up where the Santa Fe Trail started, many of her books are historical fiction. She was a well - known 20th century educator, novelist and orator. In 1894, she founded, Western Sorosis, a women's club. She was a staunch Republican who was invited to speak at the 1920 Republican National Convention in Chicago, thus becoming the first woman ever to do so. She was a suffragette believing that women's rights could best be expressed through the ballot. She became the best known and highest paid novelist in Kansas for her time. Her novels were historical fiction tales about Kansas. During her career, she received an honorary masters from Baker University and was awarded honorary doctorate in literature from College of Emporia and Washburn College; all in Kansas. Margaret Hill McCarter Elementary School in Topeka memorializes this Kansas author. Presenter will be Susan Newman, retired educator/school psychologist of Derby USD 260. Susan is a member of Flores del Sol Chapter, National Society Daughters of the American Revolution.

### Linwood SECA

SENIORS EXPLORING THE CULTURAL ARTS will not be meeting for July & August, but don't forget to stop and get the info guide for theatrical events at Linwood's front desk! Keep in the Know!



Linda Bennett	Marilyn Loux-Brumley
Henry Blase	Margaret Marshall
Bonnie Brown	Robert McAuley
James Brown	Pamela Mingauw
Frances Campos	Milea Molina
Maudyne Cline	Joan Morrison
Jerry Cochran	Phyllis Neice
Bonnie Creekmore	Jan Nomer
Robert Delk	Dale Rausch
Connie Fletcher	Don Roe
Deborah Gattenby	Rita Roets
Sara Hittle	C.J. Saboe
Gayle Hodges	Carol Sawyer
Lola Jackson	Will Shores
Jon Jenkins	Janice Tindall
James Kerschen	Ruthie Van Dyke
Janet Lively	Travene Ware

### Writing Craft: July 2, 2pm - 4pm

**Program:** The Second & Third Drafts

**Exercise Words:** sword - butterfly - water - justice - school

**Prompt:** Write about a strange experience that you've had.

### JULY 24th - DSC Critique Group 4th Wed from 2-4pm at Downtown Sr Ctr

\*\*This is a great class to help you in the process of writing. Get feedback and instruction. Please call Starla Criser, our author at 393-8195 for more information.

### Special Event - Friday July 12, 10 am

Barb Myers, educator, will be here to share her book, about the oldest cemetery in Wichita, the Highland Cemetery. Barb will be giving us some interesting facts about Wichita, and also some etiquette about cemeteries we may not be aware of. Come and enjoy the program. Books will be for sale, and Barb will be ready to answer questions. Refreshments provided!

**Special Thanks to those of you that are continually volunteering, bringing yummy goodies to share and specific THANKS to Charlotte Kuhn, Starla Criser, Rhonda Schwind and Billie Butler for manning the garage sale last month. The money raised goes to purchase things for the center, like curtains, step ladders, dyna bands and other supplies. THANKS FOR YOUR GENEROUS HEARTS!!!**